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Introduction

The worst things happen when they are least expected. They cause serious physical harm to people and even cause casualties. However, with timely interventions, the impacts of the disasters can be effectively managed and deaths can be prevented. The most effective way of preventing heavy casualties during calamities is education of the public about survival skills. Thus, they will be able to apply these skills to get their way through situations that would otherwise cause injuries or kill them. Survival training will boost confidence as it enable people to act effectively in emergency situation and to provide medical aid to people. This paper investigates the possibility of introducing survival skills as an adjunct course at colleges and high schools. This stems from the fact that certain lessons are best learnt when people understand why they need them, probably early enough in their lives. The research will seek to establish if students understand the value of this curriculum and if they have any objections to it. It will also gauge parents' feelings in respect of their kids sitting for life skill lectures besides the regular ones. The findings will form the basis of petitioning the legislative body with a view to effecting these changes in the national academic calendar.

Statement of Problem

Survival skills are life skills that can enable one to live in a dangerous location without suffering extreme personal harm. The main idea about them is the provision of basic necessities even as one is in extremely disastrous situation. These techniques are particularly relevant to soldiers who work in extremely harsh conditions during war. They are supposed to be trained to survive in deserts without supply of food when the opponent ambushes. Indeed, soldiers are likely to find themselves in isolated forests when all his or her comrades have been killed. In the situation when there is no way to retreat, one has to find food, place to sleep, water and has to

know how to avoid hazards. These skills are also important for social workers who are serving in the hot spots, given that they are also likely to become entrapped in a dangerous situation. This is why these skills should be acquired by different cadres and professionals as their application could prove useful when it was least expected. This paper takes a look at survival skills and how they can become relevant to regular human life. According to literature, anyone may need at some point these survival skills given the dynamic nature of human life. For instance, the fact that terrorism has become quite prevalent should be a cause for alarm. Terror attacks take place all over the world. They usually provoke chaos, cause casualties, and substantial unrest in the area. Running from terror, people often search shelter in the wilderness. In such a case, one's mastery of survival skills will determine how long one would be able to survive. This shows just how significant survival skills could be for anyone (David & Terry 2005).

First Aid

First aid is denotes emergency medical services rendered to survivors of harsh conditions. Very often proper first aid can save life and prevent complications to health state of the injured. For instance, one's chances of survival from death are quite minimal if one has been caught in waters drowning. This is because water penetrates lungs substituting oxygen, thus, leading to suffocation of the individual. However, first aid can help to resuscitate by simply performing certain set of procedures that open up the lungs and remove the fluids from the chambers of the lungs. In this way, one will be able to recover. First aid can be performed for several conditions like bites of poisonous animals and burns in order to renew the normal state of the skin. In some cases, the bites of poisonous animals is life-threatening. The poison that enters the bloodstream is transported to the brain and other organs which cause paralysis and that can stop the heartbeat. Snake bites, in particular, require quick emergency treatment because poison of some snakes

may cause immediate death. As for burns, it is the pain that should be first managed. However, it must be noted that burns can result into large wounds that may allow entry of pathogenic bacteria into the body to cause infections. If harmful bacteria get into the body through these wounds, it may lead to life threatening health condition and death. This is why wounds resulting from burns should be thoroughly cleaned and all the dirt removed. In order to get maximum protection against pathogens, such wounds should be cleaned regularly. Nonetheless, the initial care is important because that is the moment when bacteria are likely to enter the body and cause serious infections (Leach, 1994).

First aid can also be given for hemorrhages caused by burns or wounds resulting from motor accidents. Hemorrhages can cause hypotension that may eventually lead to death. In fact, first aid for hemorrhage should be carried out as soon as possible in order to avert such eventualities. This is because if the body loses blood in big amount and blood supply to the brain is disrupted; one is almost certain to die. Hemorrhage should be managed by giving patients fluids with the right concentration of electrolytes to ensure that the therapy does not cause electrolyte imbalance which may be equally fatal. Whichever the condition, there are principles of first aid that one should be able to understand. Given that it is not known when an accident will take place, one need to be prepared to such situations even if they are not medical practitioners. There are certain accidental conditions that are easily managed but can potentially harm one if not attended to in short period of time. Survival skills are extremely important in preventing casualties, severe health conditions and devastating consequences in case of car accident, terroristic attack, and other unpredicted situations that pose threat to life. Knowledge about useful substances in the numerous plants is significant for survival in the wilderness as it can help to cure the diseases, release pain and prevent poisoning of the organism. For example,

there are certain plant extracts that stop bleeding by facilitating the process of blood clotting. These plants can be of significance to soldiers nursing bullet injuries in the forests. If they possess the right knowledge, they can easily pick parts of the plant and apply bit of its extracts on the wound to facilitate healing. Essentially, this is why, first aid is important for soldiers because they are likely to suffer serious casualties in the wilderness. (American Heart Association Staff 1991).

Approach

The research work will entail administering questionnaires to students in high schools as well as to those in colleges. This will be done to collect useful suggestions and ideas on the themes to cover and ways of conducting of the trainings. It should be mentioned that the program will only be beneficial if students understand its purpose and are committed to applying the skills in their lives. It means that only interesting and applicable material can attract attention of the students. What is more, practical trainings will help to train the skills in close to realisting situations and to understand the importance of learning. That is why, the research will first focus on students below the age of 20 years. The research will also seek opinion of parents regarding the proposed program. Parents are the immediate custodians of students below the age of 20 and will have a significant role in advising them appropriately in this regard. The same will also be done to teachers in colleges as well as those in high schools. At some point, the research will target young adults in order to ascertain the dire need for basic life support skills. This is because the initial implementation of the program will focus on the adult population while a long-term approach will still be focusing on teenagers. Spreading of leaflets on emergency situations and first aid help is one of the techniques to rise awareness among the teenagers on the importance of first aid trainings. This will help to spread life-saving information to a big number of people. In

addition, short term courses can be organized to educate aged population on the survival techniques and first aid help. (James 2009). These will solve the immediate problem even as the society prepares to adequately face the challenge in future. Indeed, this research is likely to positively impact people's lives and decrease number of deaths in accidents.

Requirements

The research will require funds to help in administering questionnaires to students as well as targeted adults. It should be noted that this will require immense work force, especially considering the diversity of the nation. This is because the findings of the research should reflect the nation's diversity and opinions of every stakeholder will be accommodated in the final recommendations. In addition, the research will require facilitation from various government agencies in order to promote the activities in various parts of the country. For example, there may be need to engage local administrators in carrying out the research because they understand the population dynamics better, and can, therefore, help in making the research as objective as possible. In addition, the local administrators are in close contact with the population and are likely to give some information that may not be revealed with the help of the questionnaires. The actual implementation of the project requires active participation of local community representatives and local administration members as their knowledge of the population and specifics of the local life will help to plan the best suited educational program on survival in emergency situations. These steps will suffice in making the project successful.

Plan of Action

The program will be implemented in phases in order to avoid possible clash with the current school program. For example, the legislative body will first be asked to make legislative changes in order to prevent legal hurdles that are likely to bog the program if the law is not

changed to accommodate it. It should be noted that anyone can go to court and question the legality of the adjunct program, and this is why it will be recommended that such legal loopholes be sealed first before the program is rolled out in the country. The actual implementation will start by training selected high school teachers and lecturers on basic life support skills. They will be provided with all the materials of study and their tuition expenses will be covered by the state. This will encourage teachers to take an active part in survival skills education. (Hans 1995). This approach will eliminate any misunderstanding with the funding of the project. The approximate duration of the project is 3 months.

Once the number of teachers and lecturers is enough to run the program, focus will be shifted to students who will be the principle beneficiaries of the project. It has been offered to schedule survival skills trainings for afternoon as it is the time of the day when students do not perceive complicated subjects such as Math or Chemistry and are open to active activities. This is the reason why the survival skills trainings should be organized with the application of the entertaining methodologies. Combination of passive activities such as listening and taking notes with the practical application of the learnt material will keep students interested and help to memorize material without much effort. Although many students may not be available for afternoon sessions, special incentives such as good recommendation of the teachers, engagement in the activities aimed at benefiting local community, etc. will be introduced to encourage them to attend the survival skills trainings. The students will also be encouraged to form the groups that will hold discussions on their progress as well as try out the skills acquired. To achieve the best results in educating people, the teachers will be using wide range of sources and various techniques of learning. This will help students capitalize on lessons learnt in class to build strong mastery of practical life skills. At some point, students will be encouraged to participate in

activities of the Red Cross and obtain certificates that will enable their respective schools to process and add special record in their scripts. These will significantly help in making the program more practical and beneficial to the students.

Conclusion

In conclusion, survival skills are life skills which help to avoid many hazards and to survive in a dangerous location without suffering extreme personal harm. The main aim of the training is provision of basic necessities in life threatening situations. These techniques are particularly relevant to soldiers who work in extremely harsh conditions in hot spot. The survival skills trainings are supposed to teach the soldiers on how to survive in deserts without supply of food when the enemy ambushes.

The research work will entail administering questionnaires to students in high schools as well as those in colleges. Thus, it will be possible to collect data regarding the student's themes of interest in survival training, specifics of local climate and natural conditions, level of the local community awareness on the issue. Moreover, the research will seek to establish if students understand the value of this curriculum and if they have any objections to it. It will also gauge parents' feelings in respect to their kids visiting the life skill lectures besides the regular ones.